



FLUFFY CHOCOLATE CHIP COOKIE MUG CAKE

Keto-Friendly / Low-Carb / Sugar Free

Recipe by Deedee (@healthyeatswithdeedee) and featured on MariGoldBars.com

"Keto friendly, low carb, sugar free, and only 187 calories!!! This little cookie cake turned out so good! It was so fluffy and easy to throw together. It took me about 5 minutes to make this. With the calories so low, you could even add a little ice cream or whipped cream to the top."

- Deedee

INGREDIENTS:

- 2 TBSP almond or oat flour
- 2 TBSP MariGold Creamy Vanilla Whey Isolate Protein Powder
- 3 TBSP almond milk
- 1 TBSP light butter, melted
- 1 TBSP sweetener
- 1/4 TSP baking powder
- 1/2 TSP vanilla extract
- Dash of salt
- Handful of chocolate chips @choczero

DIRECTIONS

1. Melt butter in a microwave safe ramekin or mug.
2. Combine all other ingredients and stir until smooth.
3. Microwave for 1 1/2 - 2 minutes, it will depend on your microwave.



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldBars.com)

